

March 30, 2025

To whom it may concern,

I write today to recommend a former student and player of mine, Lexi Rosenbrand, for the Dan Whitworth Memorial Scholarship as she works to become a Certified Mental Performance Consultant. I believe Lexi has chosen an incredible career for herself, based on my experience working with her and watching her grow, as well as knowing what experience she can bring to the table for this role. This scholarship would help make these dreams a reality.

Lexi had anything but the average high school experience as an athlete and student. The end of her junior year and entire senior year were marred by the COVID-19 Pandemic, virtual and hybrid in-person learning, and a modified senior season on the basketball court. On top of this, during the pandemic Lexi lost her house to a wildfire that swept through our region. It was during this time that I learned about the true character and resolve of Lexi Rosenbrand. She continued to work hard on the basketball court (without knowing if we would have a season), continued to be a selfless leader who was helping our team rebuild after hitting a rough patch, and continued to get her work done in the classroom as her family started to rebuild their lives after the fire.

For a little background, Lexi's junior year on our basketball team was a low point for our basketball program. We went 7-19 and we were not playing up to our expectations on the court, nor doing things properly off the court in terms of our team culture. That offseason, our staff made a commitment to changing our team culture and improving on the court. Lexi was the key person in this transition as she would be the unquestioned team leader her senior year. She fully bought in, worked hard with her teammates to foster a better team environment, and held people accountable when it was needed through tough conversations. In that shortened season, we went 7-7, a vast improvement from the previous year. Since that season, our record in our program is 82-36 and we now have a thriving team culture. I still give a lot of credit to that turnaround to the culture that Lexi helped establish. Last season, after a win that clinched a league championship, I reached out to Lexi and thanked her, because I truly believe we would not have turned our program around if it wasn't for her leadership during that tough time.

Since graduating from Justin-Siena, Lexi has continued to thrive and grow. Last year for example, she came back to Justin to speak at a Girls in Sports symposium that we held at the school. With hundreds of people in attendance and many different speakers to choose from, Lexi had a full room as she spoke about her experiences with both students and parents from our community. When Lexi is passionate about something, and she is passionate about athletics and the mental approach, she has a determination and will that can not be stopped. She will pour herself into it and do whatever she can to be the best she can be.

I write this letter with full confidence in Lexi's ability to not only complete any program she is admitted into, but to thrive in it and make it a better place for her having been there. She will bring her whole self and not only want to be a part of it, but be a leader because that is who she

is. As you can see from my letter, Lexi has the experience, grit, and ability to navigate tough situations, work hard to achieve goals, and is not only willing to, but actually seeks opportunities to give back and make things better. Without hesitation, I recommend her for the Dan Whitworth Memorial Scholarship to help her accomplish her goals.

Sincerely,

Andrew Bettencourt
Assistant Athletic Director
Varsity Girls Basketball Coach
Justin-Siena High School

Texas Amateur Athletic Federation

Student, Athlete & Employee
Scholarship Application



*Promoting, Organizing and Conducting
Athletic Opportunities in the State of
Texas Since 1925*

TEXAS AMATEUR ATHLETIC FEDERATION SCHOLARSHIP

The Texas Amateur Athletic Federation Scholarship is funded by contributions from public and private sectors. These funds are set up in the Texas Amateur Athletic Federation's Foundation. This scholarship is available in three categories. It is offered to Texas Amateur Athletic Federation athletes, both past and present; parks and recreation employees; and high school and/or college students seeking undergraduate or post graduate degrees in the field of sports sciences, kinesiology, conservation, physical education, recreation and tourism management and/or other related courses of study which may contribute to the field of parks and recreation. A description of each category to be awarded is listed below.

The application and all requested documentation under the scholarship category for which you are applying are due to the T.A.A.F. State Office via email (ginger@taaf.com) by March 31st of each year. Announcement of selected individuals will be made at the Texas Amateur Athletic Federation Mid-Year meeting in April/May each year, for the upcoming fall, spring and summer semesters. To obtain detailed information regarding the program please contact:

Texas Amateur Athletic Federation
407 N. Water Street
Burnet, Texas 78611
Phone (512) 863-9400
www.taaf.com

Dan Whitworth Memorial Student Scholarships

Educational assistance available to graduating high school students or college students who are pursuing degree programs in the field of sports sciences, kinesiology, conservation, physical education, recreation and tourism management and/or other related courses of study which may contribute to the field of parks and recreation with the intent to enter the recreation, parks and leisure service field as a career.

Eligibility Requirements:

Graduating High School Student/High School Graduate:

- Acceptance to an accredited college or university. Enrollment for a minimum of 12 hours will be required. Preference will be given to those applicants attending a Texas college or university.
- Has a high school class ranking of at least the top quarter or a 2.5 GPA on a 4.0 scale or a minimum of 850-SAT, minimum score of 21 on ACT.

College or University Student:

- Currently enrolled at a college or university in an accredited Bachelors, Masters or Doctoral degree program in the field of sports sciences, kinesiology, conservation, physical education, recreation and tourism management and/or other related courses of study which may contribute to the field of parks and recreation. Preference will be given to those applicants attending a Texas college or university.

- Maintain a minimum of 12 hours per semester or graduate students must be enrolled full-time.
- Must possess a GPA of at least 2.5 on a 4.0 scale or pass on a pass/fail system from the previous semester.

Selection Process

Applications will be reviewed for eligibility and considered on the basis of the following criteria:

- Honors and awards from, and participation in: activities, endeavors, volunteerism and work, etc. related to athletics and/or the field of parks and recreation
- SAT or ACT score
- Grade point average
- Submittal of all requested documentation
- Other objective related criteria determined by the selection committee

Linda Cornelius Athlete Category

Educational assistance is available to a **past or present Texas Amateur Athletic Federation athlete**, seeking an undergraduate or graduate degree, at an accredited college or university, and in an accredited degree program.

Eligibility Requirements

- Must have competed in one or more Texas Amateur Athletic Federation state level competitions or state tournaments.
- Acceptance to an accredited college or university. Enrollment for a minimum of 12 hours will be required. Preference will be given to those applicants attending a Texas college or university.
- Or, currently enrolled at a college or university in an accredited degree program. Preference will be given to those applicants attending a Texas college or university.
- Must possess a GPA of 2.5 on a 4.0 scale or a pass on a pass/fail system.
- Maintain a minimum of 12 hours per semester or graduate students must be enrolled full-time.

Selection Process

Applications will be reviewed for eligibility and considered on the basis of the following criteria:

- Honors and awards from, and participation in, activities, endeavors, volunteerism and work related to athletics and/or the field of parks and recreation
- Submittal of all requested documentation
- Other objective related criteria determined by the selection committee

Employee Category

Educational assistance is available for part-time and/or full-time employees currently working in the parks and recreation field, whose **current employer** does not provide any continuing education or tuition funding and **is a current T.A.A.F. Member City**. Assistance is to be used for Bachelors, Masters and/or Doctoral degrees that may qualify them for future job enhancements and opportunities.

Eligibility Requirements

- Currently a regular, part-time and/or full-time employee working a minimum of 15 hours per week with at least 6 months of continuous service at one or more Member Cities at time of application.
- Must be demonstrating satisfactory work performance.
- Must not have received a formal disciplinary action in the preceding 6 months prior to the application submittal.
- Currently enrolled at a college or university in an accredited Bachelors, Masters or Doctoral degree program. Preference will be given to those applicants attending a Texas college or university and those seeking a degree in parks, recreation and tourism sciences, sports sciences / leisure services, public administration or related field.
- Must possess a GPA of 2.5 on a 4.0 scale or a pass on a pass/fail system.
- Must not be employed by an entity that currently provides full tuition reimbursement.
- Maintain a minimum of 6 hours per semester or graduate students must be enrolled full-time.
- If not currently enrolled at a college or university, you may also apply for tuition to attend an accredited professional development training to obtain an industry relevant certification credential (CPO, ASO, CYSA, CPSI, etc).

Selection Process

Applications will be reviewed for eligibility and considered on the basis of the following criteria:

- Will the educational goal relate to a field in the parks and recreation profession?
- What contributions will the educational course or certification provide to the parks and recreation profession?
- Submittal of all requested documentation.
- Other objective related criteria determined by the selection committee.

**Texas Amateur Athletic Federation
Scholarship Application**

407 N. Water Street
Burnet, Texas 78611

www.taaf.com

Please indicate which scholarship category and semester you are applying for.
(You may apply for more than one scholarship category if you meet the requirements; however,
SEPARATE APPLICATIONS are REQUIRED for each scholarship category.)

_____ High School Student Category (Dan Whitworth Scholarship) Semester: ___ Fall ___ Spring ___ Summer

X _____ College Student Category (Dan Whitworth Scholarship) Semester: **X** Fall ___ Spring ___ Summer

_____ Linda Cornelius Athlete Category (High School or College Student) Semester: ___ Fall ___ Spring ___ Summer

_____ Parks & Recreation Employee Category Semester: ___ Fall ___ Spring ___ Summer

Or certification program: _____

Section 1 (Please type)

1.	Rosenbrand	Alexi	Madeleine
	Last Name	First Name	MI
2.	2512 Forest Park Blvd	Fort Worth	TX 76110
	Mailing Address (Home or Permanent Residence)	City	State Zip Code
3.	7074819601	leximrosenbrand@gmail.com	
	Home Phone Number	Business Phone Number	E-Mail
4.	Texas Christian University		May 2025
	High School or College/University attending/graduated		Graduation Date
5.	High School/College Grade Point Average (GPA) on a 4-point scale: 3.65		
	(Transcripts must be attached for verification)		
	Major: Psychology	Semester Hours Attained: 12	
	Minor: Sport Psychology	Semester Hours Next Semester: 9 (graduate)	
6.	n/a, full time student		
	Current Employer	Job Title	Date of Employment

Texas Amateur Athletic Federation
Scholarship Application
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Section 2 (Attach the additional sheets provided if necessary)

1. Describe volunteer and leadership experiences, accomplishments, honors, recognitions and awards received. These experiences may include academic, job related, and/or community service organizations with which you have been involved. Include your position and length of involvement.

<u>Activities</u>	<u>Dates</u>
Christ Chapel Bible Church: Middle School Ministry Leader	August 2023 - present
Texas Christian University Dean's Honor List	Semesters: Spring 2023, Spring 2024, Fall 2024
Sigma Kappa Sorority at Texas Christian University	Fall 2021 - present
Research Assistant in Dr. Trocchio's Sport and Exercise Psychology Lab	— Sept 2023 - present
Research Assistant in Dr. Tauber's Metacognition, Memory, and Aging Lab	— Jan 2024 - Dec 2024
The "Brave" Way Award; high school basketball	— 2021
All County Defensive Player of the Year Finalist; high school basketball	— 2020
Coaches Award; high school basketball	— 2020
MVP; high school Lacrosse	— 2019
Team Captain — basketball (2020 season, 2021 season), lacrosse (2019 season)	

2. Please list your chosen or anticipated field of study and explain why you believe the field is important.

This fall, I will be attending the University of North Texas to pursue my Masters in Kinesiology, with an emphasis in the psychosocial aspects of sport and exercise. With my background of psychology and athletics, I strongly believe in the correlation between psychological well-being and participation in sports. I ultimately found this passion in high school, as a competitor in various sports, and I fought my own battles within the mental aspect of sports. As I encountered a variety of different coaching styles, I learned quickly how to create an environment that fosters growth for adolescent athletes and found myself eager to learn more. Being an athlete myself, I understand the mental struggle of sports, and have found increasing interest as I have received formal education in this field. I believe this field is of the utmost importance to catalyze lifelong healthy mental and physical habits.

3. How does Parks and Recreation have an impact on a community? How has it impacted you personally?

Parks and Recreation allows people of all ages and background to have an opportunity to get outdoors and to get active! It is a space where people can come together to experience life, a place where kids laugh, where parents teach their kids to ride a bike, and an area where life can flourish. I believe that Parks and Recreation allows children to grow socially, mentally, and developmentally, a key part of childhood experiences. In an age where technology is overpowering, the importance of Parks and Recreation should be dramatically increasing, and community members should recognize the positive effect of these public spaces on families and kids. Parks and Recreation has personally impacted me during COVID, when I was able to spend time outdoors and keep myself mentally well.

4. If awarded this scholarship, how would you utilize your educational experience to make an impact on the parks and recreation / leisure services profession in your community or society as a whole?

As a future professional in the exercise science field, I understand the need for each individual to have a sense of belonging, be active each day, and to be outdoors often. With my future career, I plan to encourage each client/athlete to utilize the services such as Parks and Recreation to their advantage. These are great tools set in place to increase the quality of life of community members, and I will actively search for ways to continue the trend of keeping these spaces available and accessible to people of all backgrounds. As I continue my education, and dive deeper into exercise science, I will stay rooted in the fact that we are beings meant for surrounding ourselves with community. Each individual deserves to have a space where life can flourish, and Parks and Recreation is a place where that can begin.

5. Explain your career goals upon graduation.

Upon graduation from TCU, I am planning to become a coach in either basketball or gymnastics to gain experience with athletes of various ages. As I coach, I will keep an open mind for research ideas that may be of interest to me as I enter my masters program. Upon graduation from my masters program at UNT, a career goal of mine is to obtain my certification to become a Mental Performance Consultant to allow athletes to unlock their true potential. Another career goal of mine is to work with injured athletes, to foster a positive mental environment, where they learn to understand the effect their mental state has on their wellness and recovery. I want to work with a variety of age ranges, as I am passionate about the many different phases of an athletes career; the excitement, the rough patches, the joy, the challenges, and the celebratory moments. My number one career goal is to get to know each athlete on a personal level.

6. Are there any other factors you would like us to consider in evaluating your application? If so, please explain.

I am originally from northern California and in September of 2020, my families house burned down due to a wildfire. Although this was four and a half years ago, my family is still impacted daily by this tragic event. The property we lived on was a vineyard and winery, one that my father worked for, so his entire life was flipped upside down. In the beginning of 2024, he was let go from that job after ownership changes, an event that my family was blindsided to. We were still trying to rebuild our lives from the fire, and this caused a huge financial stressor. I am extremely grateful for my parents continued support of my education, and to show the appreciation, I have decided to fund my graduate education and become financially independent of my parents. If awarded this scholarship, it would significantly help me to gain the further education that I have been so eagerly looking forward to.

Additional Comments:

As I am in transition between undergraduate studies and graduate education, I will be submitting information for both institutions, TCU for undergrad as well as UNT for graduate. Although my undergraduate studies is in psychology, I have found a passion for kinesiology and exercise science through my undergraduate studies and have chosen to further my education in this field. I am extremely excited about my future endeavors, and this scholarship would greatly assist me in funding my education.

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Scholarship Application
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Section 3 (Please attach the following documentation under the scholarship category you are applying for)

Dan Whitworth Memorial Scholarship - High School Student Category

- Letter of acceptance from a College or University. Enrollment verification of a minimum of 12 semester hours in classes directly related to acquiring a degree in the field of sports sciences, kinesiology, conservation, physical education, recreation and tourism management and/or other related courses of study which may contribute to the field of parks and recreation will be required upon registration and prior to the awarding of scholarship funds.
- Official High School transcript (to include class rank and/or GPA)
- Official college entrance examination score
- Course curriculum/degree plan
- One letter of recommendation

Dan Whitworth Memorial Scholarship - College Student Category

- Enrollment verification of a minimum of 12 hours from a College or University with accredited programs relating to a degree in the field of sports sciences, kinesiology, conservation, physical education, recreation and tourism management and/or other related courses of study which may contribute to the field of parks and recreation.
- Verification of a GPA of at least 2.5 on a 4.0 scale from previous semester
- Course curriculum/degree plan
- One letter of recommendation

Linda Cornelius Athlete Category (High School or College Student)

- Texas Amateur Athletic Federation state competition roster(s) or individual sports card(s) and/or a letter detailing the state event(s) participated in, location, year, and region you represented.
- Enrollment verification from a College or University
- Verification of a GPA of at least 2.5 on a 4.0 scale from previous semester
- Course curriculum/degree plan
- One letter of recommendation

Parks & Recreation Employee Category

- Employer verification of your continuous service, employee classification, satisfactory work performance, and that no disciplinary action exists in the preceding 6 months of this application.
- Enrollment verification from a College or University.
- Verification of a GPA of at least 2.5 on a 4.0 scale from previous semester
- Course curriculum/degree plan
- One letter of recommendation from your current agency executive / director.

The application and all requested documentation under the scholarship category you are applying for, is due to the T.A.A.F. state office via email (ginger@taaf.com) by **March 31st** of each year. Application will be null and void if all documentation is not received in specified time frames and if the applicant falsifies any documentation in the application.

Applicant's Signature

March 31, 2025
Date

Student Name: Alexi Rosenbrand
Student Id: 11892841
Semester: 2025 Fall
Tuition: Non Resident
Major (Program/Plan): KINE-MS

February 10, 2025

Dear Alexi Rosenbrand,

Congratulations! You have been admitted to the Kinesiology program. The University of North Texas provides an exciting place to pursue your graduate education, and we are committed to your success. At UNT you will find the education and support you need to realize your goals and expand your horizons.

You are now eligible to register during your upcoming enrollment period. Please visit your student portal at my.unt.edu for important information about enrollment dates, registration and class schedules.

I look forward to having you as a graduate student at UNT, as you join the excitement of discovering real solutions, creating new opportunities and making a difference in the world. At UNT, we expect you to pursue academic excellence in a rigorous, yet caring environment. [The Graduate Student Support Services](#) office provides a wealth of information to facilitate your smooth and successful transition to UNT. Please contact us if you have any questions about making the most of your graduate education.

Sincerely,

Michael Sanders

Michael Sanders, M.Ed
Associate Vice President of Enrollment

Victor Prybutok

Dr. Victor Prybutok,
Vice Provost for Graduate Education and
Dean of the Toulouse Graduate School